Whether you are just beginning your wellness efforts or looking to supplement your existing wellness program, HEALTHWORKS will partner with you to set up training that works for your business.
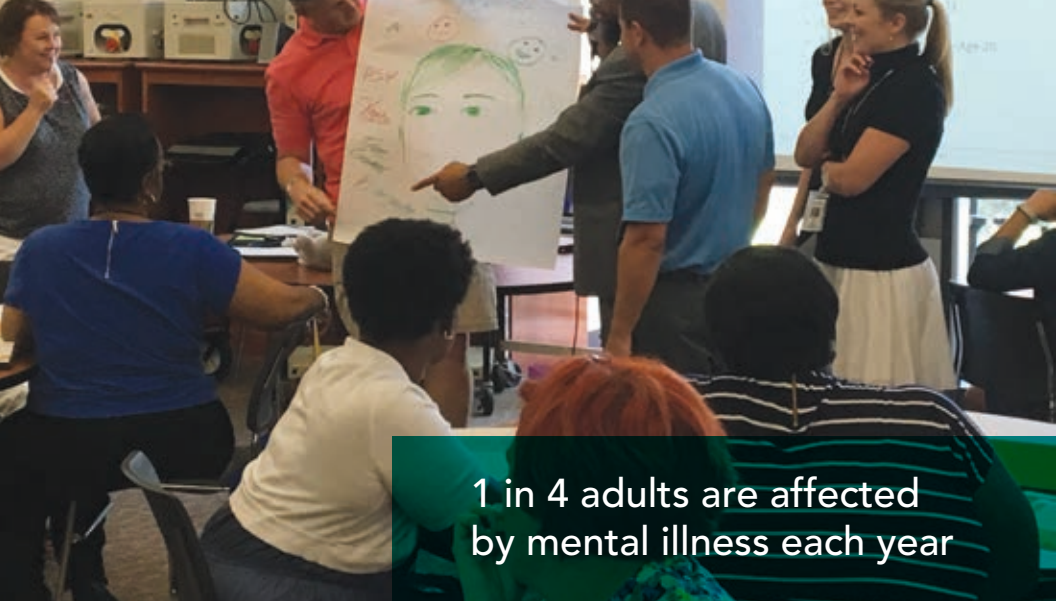
MENTAL HEALTH
FIRST AID
TRAINING

HEALTHWORKS
By Carolinas HealthCare System

One

HEALTHWORKS
By Carolinas HealthCare System

1 in 4 adults are affected by mental illness each year

A Mentally Healthy Workforce is Good for Business

From alcoholism to depression, mental illness includes a wide range of disorders and symptoms that can affect a person's ability to work productively. Each year, mental illness and substance abuse cost employers approximately $80 to $100 billion in indirect costs.

People with substance use disorders have overall health care costs more than twice as high per year as people without these disorders. People with both substance abuse and mental disorders have costs that are even higher.

When employees receive effective treatment for mental illnesses, the result is lower total medical costs, increased productivity, lower absenteeism and increased presenteeism and decreased disability costs. In addition, when a mental, health crisis happens, training allows staff know how to help fellow employees.

*According to the Partnership for Workplace Mental Health.

What is Mental Health First Aid Training?

Carolinas HealthCare System's Mental Health First Aid course helps to support a mentally healthy workforce. The training, which is free of charge to employers, helps your staff to learn:

Risk factors and warning signs for mental illness and addiction

Strategies for how to help someone in both crisis and non-crisis situations

Where to turn for help.

This interactive group training covers anxiety disorders, depression, panic attacks, psychotic disorders and substance use disorders. The eight-hour course can be done on one day or broken into two four-day sessions.

This program was developed by the National Council on Behavioral Health along with the Maryland Department of Health and Mental Hygiene and Missouri Department of Mental Health

Take action now and help reduce the stigma surrounding mental illness.

Want to know more?

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